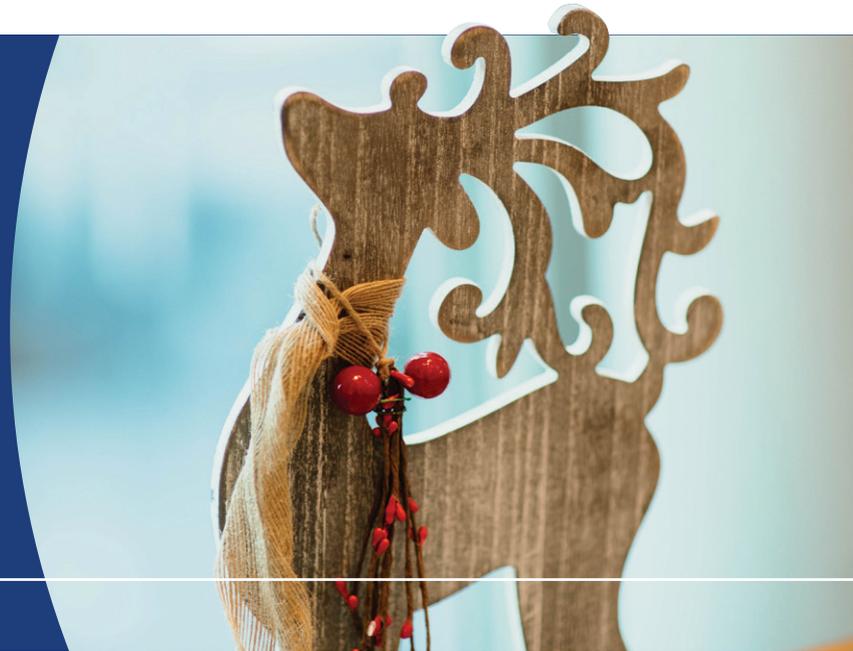


**Merry Christmas from the team at Luemo and best wishes for an uplifting 2021. We are grateful for all the connections we have made this year and for the opportunity to share our resources with you.**

*Season Greetings from Luemo*



## THE SEASON OF NURTURE AND GRATITUDE

**Gratitude is one of the essential markers of human happiness.**

**Gratitude focuses on acknowledging and appreciating the good things that we have in life. As we move through time and consciously build a gratitude list, we can find that much of our anxiety and worry melts away as focus on what we do have overshadows what we don't have. As time goes by you will very likely find yourself habitually exercising gratitude as the opportunity arises in your day, buoying happiness.**

### How to practice gratitude

Take a moment each day to consider and mindfully acknowledge three things that you are grateful for in your life. At first you may find it simple to think of some of the 'bigger' things in your life - your partner, your home, or your employment. Think about what these things mean to you and all they bring to your life. As you move through time and gratitude practice, you may find yourself beginning to think more deeply, and about things in your life that are perhaps 'not so big' such as an opportunity to have a short chat with an elder in your family, the familiar smile of your local barista or the ability to go for a walk around your beautiful suburb. On reflection you may find that these 'little things' are a signpost of something much bigger in your life, for example, family, community or freedom. As your practice develops you will find your gratitude flows more regularly, with ease and with joy.

**As time goes by you may also find gratitude in experiences and challenges that at first, were not positive; however, over time and with gratitude these things may give us strength, learning experiences or new beginnings. Could you feel like this about 2020?**

Check that your gratitude practice is focussed on being grateful for the truly spiritually fulfilling things in life - not spiritual 'junk food'. What does this mean? Think of it this way: junk food is OK occasionally; it's fun and tasty but we know it's not good for us and does not give us the nourishment that we need. Nutritious food builds and maintains our health, gives us real energy, helps us thrive and fights off disease. For good mental health and resilience we need a lot more spiritual nurturing and less 'junk' in our lives.

An example might be that you enjoy having a partner that showers you with gifts and takes you on expensive holidays - compared to - recognising that you have a partner that is loyal, loving and supportive of you in challenging times. It's fun to receive gifts and go on holidays but these can be spiritual junk food - they fill you up for a while but do not give you the daily spiritual nourishment that you need to flourish. Loyalty, love and support from a partner will nourish the soul. Make sure you are getting the balance right.

This Christmas, let's find opportunities to nurture our spirit, make an effort to nurture the spirit of others and reflect on the wonders and gifts of 2020.



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## MINDFUL BREATHING

Undertaking daily mindful breathing can be a game changer! Regular breathing practice has been shown to be effective in clearing the mind, reducing anxiety, stress, heart rate and blood pressure, and a key to managing panic attacks.

Sit quietly, close your eyes and breathe deeply in...and out...Take it slowly. Take it all the way down and feel your chest and belly rise. While you do this focus only on your breath. Think: I am breathing in...I am breathing out. If other thoughts enter your mind, acknowledge them but gently dismiss them and re focus on your breath. Start with 3 minutes and work your way up to at least 10 mins per day.

**Tip: take your 1 min pulse before and after - you might get a nice surprise!**



## COMING UP...

**Next month, in January, we celebrate one of our biggest national events - Australia Day.**

We suspect it will be big this time around! Can you use this as an opportunity to connect your workplace, get together and talk about the positive plans and ideas ahead for 2021?

The new year will be here before we know it so if you want to leverage this opportunity, mark it on your workplace calendar now and start thinking about what you can do.

**Check out this adorable story from Adelaide**



## DID YOU KNOW?

The Australian Government's 'Healthdirec't has shared this list so we can all do a quick 'check in' on mental health. You probably have good mental health if:

- you are confident when faced with new situations or people
- you feel optimistic
- you don't always blame yourself
- you set goals
- you feel good about yourself
- you have good self esteem

**Luemo members can do a more comprehensive mental health check in on the member portal**

[click here](#)

If your check in highlights that your mental health could do with some support, reach out to a friend, family or colleague, or seek professional help. Don't wait.

**Here are some help options**



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